

WILCOX, BELINDA
64/143-149 CORRIMAL ST, WOLLONGONG. 2500
Phone: 0432516501
Birthdate: 07/03/1978 Sex: F Medicare Number: 2480167997
Your Reference: 9624572EEE Lab Reference: 495371529-C-C141
Laboratory: Southern IML Pathology
Addressee: DR KATHERINE KENT Referred by: DR KATHERINE KENT

Name of Test: SE-ROUTINE BIO
Requested: 25/07/2024 Collected: 26/07/2024 Reported: 26/07/2024
12:41

Clinical notes: normal mixed diet. Fasting planning to conceive

Clinical Notes : normal mixed diet. Fasting planning to
conceive

Routine biochemistry

		Latest Results	
		26-Jul-24	
		0751 F	
Date		495371529	Reference Units
Time F-Fast			
Lab Id.			
Fast. Glucose	5.2	(3.6-6.0)	mmol/L
Sodium	140	(135-145)	mmol/L
Potassium	4.6	(3.5-5.5)	mmol/L
Chloride	104	(95-110)	mmol/L
Bicarbonate	27	(20-32)	mmol/L
Urea	4.3	(2.5-7.0)	mmol/L
Creat.	70	(45-85)	umol/L
eGFR(CKD.EPI)	90	(>89)	
mL/min/1.73m2			
Total Protein	75	(64-81)	g/L
Albumin	44	(33-46)	g/L
Globulin	31	(26-41)	g/L
ALP	45	(20-105)	U/L
GGT	17	(5-35)	U/L
ALT	18	(5-30)	U/L
AST	20	(10-35)	U/L
LDH	157	(120-250)	U/L
T Bilirubin	13	(3-15)	umol/L

Comments on Collection 26-Jul-24 0751 F:

Renal Function

Kidney disease is unlikely at eGFR levels of ≥ 60 mL/min/1.73m², however as the eGFR is ≤ 90 , further investigation may be indicated for those at increased risk. If required, further information can be found at Kidney Health Australia (www.kidney.org.au).

Supervising Pathologist:SM

SOUTHERN.IML PATHOLOGY, NATA ACCREDITATION NO:2760

Tests Completed: LIVER FUNCTION TESTS, RENAL FUNCTION, ELECTROLYTES,
GLUCOSE, Lipids & HDL, FULL BLOOD COUNT

Tests Pending : IRON STUDIES, Urine Albumin, VITAMIN B12, S.FOLATE,
Thyroid Function Test, AIC CHECK, .HBA1C,
MEASLES IMMUNITY, MUMPS IMMUNITY, VARICELLA ZOSTER G,
RUBELLA IGG, VITAMIN D3

Sample Pending :

WILCOX, BELINDA
64/143-149 CORRIMAL ST, WOLLONGONG. 2500
Phone: 0432516501
Birthdate: 07/03/1978 Sex: F Medicare Number: 2480167997
Your Reference: 9624572EEE Lab Reference: 495371529-H-H902
Laboratory: Southern IML Pathology
Addressee: DR KATHERINE KENT Referred by: DR KATHERINE KENT

Name of Test: ED- Haematology
Requested: 25/07/2024 Collected: 26/07/2024 Reported: 26/07/2024
12:41

Clinical notes: normal mixed diet. Fasting planning to conceive

Clinical Notes : normal mixed diet. Fasting planning to conceive

Haematology

Date
Time F-Fast
Lab Id.

Latest Results

26-Jul-24

0751 F

495371529 Reference

Units

Haemoglobin	136	(119-160)	g/L
RCC	4.3	(3.8-5.8)	10 ¹² /L
Haematocrit	0.43	(0.35-0.48)	fL
MCV	101 H	(80-100)	pg
MCH	32	(27-32)	g/L
MCHC	317	(310-360)	
RDW	12	(10-15)	
WCC	4.2	(4.0-11.0)	10 ⁹ /L
Neutrophils	2.1	(2.0-7.5)	10 ⁹ /L
Lymphocytes	1.7	(1.0-4.0)	10 ⁹ /L
Monocytes	0.4	(0-1.0)	10 ⁹ /L
Eosinophils	<0.1	(0-0.5)	10 ⁹ /L
Basophils	<0.1	(0-0.3)	10 ⁹ /L
Platelets	293	(150-450)	10 ⁹ /L

Supervising Pathologist:SA/RR

SOUTHERN.IML PATHOLOGY, NATA ACCREDITATION NO:2760

Tests Completed: LIVER FUNCTION TESTS, RENAL FUNCTION, ELECTROLYTES,
GLUCOSE, Lipids & HDL, FULL BLOOD COUNT

Tests Pending : IRON STUDIES, Urine Albumin, VITAMIN B12, S.FOLATE,
Thyroid Function Test, AIC CHECK, .HbA1c,
MEASLES IMMUNITY, MUMPS IMMUNITY, VARICELLA ZOSTER G,
RUBELLA IGG, VITAMIN D3

Sample Pending :

WILCOX, BELINDA
64/143-149 CORRIMAL ST, WOLLONGONG. 2500
Phone: 0432516501
Birthdate: 07/03/1978 Sex: F Medicare Number: 2480167997
Your Reference: 9624572EEE Lab Reference: 495371529-C-C151
Laboratory: Southern IML Pathology
Addressee: DR KATHERINE KENT Referred by: DR KATHERINE KENT

Name of Test: SE-IRON STUDIES
Requested: 25/07/2024 Collected: 26/07/2024 Reported: 26/07/2024
13:11

Clinical notes: normal mixed diet. Fasting planning to conceive

Clinical Notes : normal mixed diet. Fasting planning to
conceive

IRON

Date	Latest Results		
Time F-Fast	26-Jul-24		
Lab Id.	0751 F		
	495371529	Reference	Units
Iron	35.3 H	(8.8-27.0)	umol/L
Transferrin	2.3	(2.0-3.6)	g/L
Trans Sat	68 H	(10-45)	%
Ferritin	57	(30-160)	ug/L

Ferritin N.B Ferritin range change 28/04/17

Comments on Collection 26-Jul-24 0751 F:
Iron Studies
? Recent iron therapy. Recommend follow up iron studies.

Supervising Pathologist: SM

SOUTHERN. IML PATHOLOGY. NATA ACCREDITATION NO: 2760

Tests Completed: LIVER FUNCTION TESTS, RENAL FUNCTION, ELECTROLYTES,
GLUCOSE, IRON STUDIES, Lipids & HDL, VITAMIN B12,
S. FOLATE, Thyroid Function Test, .HBA1C,
FULL BLOOD COUNT, MEASLES IMMUNITY, MUMPS IMMUNITY,
VARICELLA ZOSTER G, RUBELLA IGG, VITAMIN D3

Tests Pending : Urine Albumin

Sample Pending :

WILCOX, BELINDA
64/143-149 CORRIMAL ST, WOLLONGONG. 2500
Phone: 0432516501
Birthdate: 07/03/1978 Sex: F Medicare Number: 2480167997
Your Reference: 9624572EEE Lab Reference: 495371529-C-H246
Laboratory: Southern IML Pathology
Addressee: DR KATHERINE KENT Referred by: DR KATHERINE KENT

Name of Test: SE- Haematinics
Requested: 25/07/2024 Collected: 26/07/2024 Reported: 26/07/2024
13:11

Clinical notes: normal mixed diet. Fasting planning to conceive

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Iron/B12/Folate

Date
Time F-Fast
Lab Id.

Latest Results

26-Jul-24

0751 F

495371529 Reference Units

Vitamin B12
Folate

546 (>177) pmol/L
32.8 (>6.0) nmol/L

Vitamin B12 High dose Biotin (5mg/day) may interfere with these tests.
FOLATE SERUM Range change 22/09/16

Comments on Collection 26-Jul-24 0751 F:
FOLATE SERUM

Serum folate is now used as the screen for folate deficiency.

Supervising Pathologist: SM

SOUTHERN.IML PATHOLOGY, NATA ACCREDITATION NO:2760

Tests Completed: LIVER FUNCTION TESTS, RENAL FUNCTION, ELECTROLYTES,
GLUCOSE, IRON STUDIES, Lipids & HDL, VITAMIN B12,
S.FOLATE, Thyroid Function Test, .HbA1c,
FULL BLOOD COUNT, MEASLES IMMUNITY, MUMPS IMMUNITY,
VARICELLA ZOSTER G, RUBELLA IGG, VITAMIN D3

Tests Pending : Urine Albumin

Sample Pending :

WILCOX, BELINDA
64/143-149 CORRIMAL ST, WOLLONGONG. 2500
Phone: 0432516501
Birthdate: 07/03/1978 Sex: F Medicare Number: 2480167997
Your Reference: 9624572EEE Lab Reference: 495371529-C-E031
Laboratory: Southern IML Pathology
Addressee: DR KATHERINE KENT Referred by: DR KATHERINE KENT

Name of Test: SE- THYROID FUNCTION
Requested: 25/07/2024 Collected: 26/07/2024 Reported: 26/07/2024
13:11

Clinical notes: normal mixed diet. Fasting planning to conceive

Clinical Notes : normal mixed diet. Fasting planning to
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TFT

Date
Time F-Fast
Lab Id.

Latest Results

26-Jul-24

0751 F

495371529 Reference Units

TSH

1.9 (0.40-3.50) mIU/L

Comments on Collection 26-Jul-24 0751 F:

TFT

Euthyroid levels.

As of 19.07.2021, TFT measurement changed from the Roche to the Abbott
Alinity method.

Supervising Pathologist:SM

SOUTHERN.IML PATHOLOGY, NATA ACCREDITATION NO:2760

Tests Completed: LIVER FUNCTION TESTS, RENAL FUNCTION, ELECTROLYTES,
GLUCOSE, IRON STUDIES, Lipids & HDL, VITAMIN B12,
\$.FOLATE, Thyroid Function Test, .HBA1C,
FULL BLOOD COUNT, MEASLES IMMUNITY, MUMPS IMMUNITY,
VARICELLA ZOSTER G, RUBELLA IGG, VITAMIN D3

Tests Pending : Urine Albumin

Sample Pending :

WILCOX, BELINDA
64/143-149 CORRIMAL ST, WOLLONGONG. 2500
Phone: 0432516501
Birthdate: 07/03/1978 Sex: F Medicare Number: 2480167997
Your Reference: 9624572EEE Lab Reference: 495371529-C-E417
Laboratory: Southern IML Pathology
Addressee: DR KATHERINE KENT Referred by: DR KATHERINE KENT

Name of Test: ED-.HBA1C
Requested: 25/07/2024 Collected: 26/07/2024 Reported: 26/07/2024
13:11

Clinical notes: normal mixed diet. Fasting planning to conceive

Clinical Notes : normal mixed diet. Fasting planning to conceive

Date	Latest Results		
Time F-Fast	26-Jul-24		
Lab Id.	0751 F		
	495371529	Reference	Units
HbA1c screen	5.3	(4.0-6.0)	%
HbA1c (IFCC)	35	(20-42)	
mmol/mol			

Comments on Collection 26-Jul-24 0751 F:
.HBA1C

The existing diagnostic criteria for fasting and random glucose levels and for oral glucose tolerance testing remain valid, and are the diagnostic tests of choice for gestational diabetes, type 1 diabetes and in the presence of conditions that interfere with HbA1c measurement. Conditions which may affect the measured HbA1c value include any of the haemolytic anaemias, anaemia of chronic disease, severe liver disease, vitamin B12 and/or folate deficiency, the haemoglobinopathies and regular phlebotomy performed for medical indications or for blood donation. It also should be noted that further investigation is required for any inexplicably low HbA1c level or significant discrepancy between HbA1c and glucose results.

Measurement change from HPLC - Bio-Rad D100 to Capillary Electrophoresis - Sebia Capillarys 3 Tera on 6.4.22

Supervising Pathologist:SM

SOUTHERN.IML PATHOLOGY, NATA ACCREDITATION NO:2760

Tests Completed: LIVER FUNCTION TESTS, RENAL FUNCTION, ELECTROLYTES, GLUCOSE, IRON STUDIES, Lipids & HDL, VITAMIN B12, S.FOLATE, Thyroid Function Test, .HBA1C, FULL BLOOD COUNT, MEASLES IMMUNITY, MUMPS IMMUNITY, VARICELLA ZOSTER G, RUBELLA IGG, VITAMIN D3

Tests Pending : Urine Albumin

Sample Pending :

WILCOX, BELINDA
64/143-149 CORRIMAL ST, WOLLONGONG. 2500

Phone: 0432516501

Birthdate: 07/03/1978 Sex: F Medicare Number: 2480167997

Your Reference: 9624572EEE Lab Reference: 495371529-S-S150

Laboratory: Southern IML Pathology

Addressee: DR KATHERINE KENT Referred by: DR KATHERINE KENT

Name of Test: SE-MEASLES IMMUNITY

Requested: 25/07/2024 Collected: 26/07/2024 Reported: 26/07/2024
13:11

Clinical notes: normal mixed diet. Fasting planning to conceive

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Measles IgG

Measles IgG (EIA) Detected

Comments on Collection 495371529

Successful vaccination or previous natural measles virus infection.

If suspected recent acute infection or exposure please order
Anti-measles-IgM.

Supervising Pathologist:CK

SOUTHERN.IML PATHOLOGY, NATA ACCREDITATION NO:2760

Tests Completed: LIVER FUNCTION TESTS, RENAL FUNCTION, ELECTROLYTES,
GLUCOSE, IRON STUDIES, Lipids & HDL, VITAMIN B12,
S.FOLATE, Thyroid Function Test, HBA1C,
FULL BLOOD COUNT, MEASLES IMMUNITY, MUMPS IMMUNITY,
VARICELLA ZOSTER G, RUBELLA IGG, VITAMIN D3

Tests Pending : Urine Albumin

Sample Pending :

WILCOX, BELINDA
64/143-149 CORRIMAL ST, WOLLONGONG. 2500
Phone: 0432516501
Birthdate: 07/03/1978 Sex: F Medicare Number: 2480167997
Your Reference: 9624572EEE Lab Reference: 495371529-S-S160
Laboratory: Southern IML Pathology
Addressee: DR KATHERINE KENT Referred by: DR KATHERINE KENT

Name of Test: SE-MUMPS IMMUNITY
Requested: 25/07/2024 Collected: 26/07/2024 Reported: 26/07/2024
13:11

Clinical notes: normal mixed diet. Fasting planning to conceive

Clinical Notes : normal mixed diet. Fasting planning to
conceive

Mumps IgG

Mumps IgG (EIA) 4.1 Detected

Comments on Collection 495371529

If there is no clinical or laboratory evidence of acute mumps
infection, this result is consistent with past infection or vaccination.

Supervising Pathologist:CK

SOUTHERN.IML PATHOLOGY, NATA ACCREDITATION NO:2760

Tests Completed: LIVER FUNCTION TESTS, RENAL FUNCTION, ELECTROLYTES,
GLUCOSE, IRON STUDIES, Lipids & HDL, VITAMIN B12,
S.FOLATE, Thyroid Function Test, .HbA1c,
FULL BLOOD COUNT, MEASLES IMMUNITY, MUMPS IMMUNITY,
VARICELLA ZOSTER G, RUBELLA IGG, VITAMIN D3

Tests Pending : Urine Albumin

Sample Pending :

WILCOX, BELINDA
64/143-149 CORRIMAL ST, WOLLONGONG. 2500
Phone: 0432516501
Birthdate: 07/03/1978 Sex: F Medicare Number: 2480167997
Your Reference: 9624572EEE Lab Reference: 495371529-S-S251
Laboratory: Southern IML Pathology
Addressee: DR KATHERINE KENT Referred by: DR KATHERINE KENT

Name of Test: SE-VARICELLA ZOSTER G
Requested: 25/07/2024 Collected: 26/07/2024 Reported: 26/07/2024
13:11

Clinical notes: normal mixed diet. Fasting planning to conceive

Clinical Notes : normal mixed diet. Fasting planning to
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Varicella zoster Virus IgG

Varicella IgG Detected

Comments on Collection 495371529

If there is no clinical or laboratory evidence of acute Varicella-
zoster infection, this result is consistent with past infection or
vaccination.

Supervising Pathologist:CK

SOUTHERN.IML PATHOLOGY, NATA ACCREDITATION NO:2760

Tests Completed: LIVER FUNCTION TESTS, RENAL FUNCTION, ELECTROLYTES,
GLUCOSE, IRON STUDIES, Lipids & HDL, VITAMIN B12,
S.FOLATE, Thyroid Function Test, .HBA1C,
FULL BLOOD COUNT, MEASLES IMMUNITY, MUMPS IMMUNITY,
VARICELLA ZOSTER G, RUBELLA IGG, VITAMIN D3

Tests Pending : Urine Albumin
Sample Pending :

WILCOX, BELINDA
64/143-149 CORRIMAL ST, WOLLONGONG. 2500
Phone: 0432516501
Birthdate: 07/03/1978 Sex: F Medicare Number: 2480167997
Your Reference: 9624572EEE Lab Reference: 495371529-S-S605
Laboratory: Southern IML Pathology
Addressee: DR KATHERINE KENT Referred by: DR KATHERINE KENT

Name of Test: SE-RUBELLA IGG
Requested: 25/07/2024 Collected: 26/07/2024 Reported: 26/07/2024
13:11

Clinical notes: normal mixed diet. Fasting planning to conceive

Clinical Notes : normal mixed diet. Fasting planning to
conceive

Date	Latest Results	
Time F-Fast	26-Jul-24	
Lab Id.	0751 F	
	495371529	Reference Units
Rub-G	27	IU/mL

Comments on Collection 26-Jul-24 0751 F:
Rubella IgG antibody detected suggesting past exposure or response
to immunisation.

This level of antibody is consistent with a protective level of
immunity.

The cut off for this assay is 5 IU/mL. Values >10 IU/mL may be considered
evidence of immunity.
Reference: Keighley et al (2019) Infections in pregnancy.
MJA 211(3)134-141. <https://doi.org/10.5694/mja2.50261>

Supervising Pathologist:CK

SOUTHERN.IML PATHOLOGY, NATA ACCREDITATION NO:2760

Tests Completed: LIVER FUNCTION TESTS, RENAL FUNCTION, ELECTROLYTES,
GLUCOSE, IRON STUDIES, Lipids & HDL, VITAMIN B12,
S.FOLATE, Thyroid Function Test, .HBA1C,
FULL BLOOD COUNT, MEASLES IMMUNITY, MUMPS IMMUNITY,
VARICELLA ZOSTER G, RUBELLA IGG, VITAMIN D3
Tests Pending : Urine Albumin
Sample Pending :

WILCOX, BELINDA
64/143-149 CORRIMAL ST, WOLLONGONG? 2500
Phone: 0432516501
Birthdate: 07/03/1978 Sex: F Medicare Number: 2480167997
Your Reference: 9624572EEE Lab Reference: 495371529-C-Z046
Laboratory: Southern IML Pathology
Addressee: DR KATHERINE KENT Referred by: DR KATHERINE KENT

Name of Test: SE-VITAMIN D3
Requested: 25/07/2024 Collected: 26/07/2024 Reported: 26/07/2024
13:11

Clinical notes: normal mixed diet. Fasting planning to conceive

Clinical Notes : normal mixed diet. Fasting planning to
conceive

Date	Latest Results	
Time F-Fast	26-Jul-24	
Lab Id.	0751 F	
	495371529 Reference	Units
Vit D	74 (50-375)	nmol/L

Comments on Collection 26-Jul-24 0751 F:

VITAMIN D3

Vitamin D Status	25-OH Vitamin D nmol/L
Indeterminate	50 - 75
Mild Deficiency	30 - 49
Moderate Deficiency	12.5 - 29
Severe Deficiency	<12.5

The results show Indeterminate Vitamin D status.

If treatment is undertaken, repeat testing should be performed in 3 months.

Over 40% of all people living on the South Coast of NSW presenting for the first time for Vitamin D testing (at the end of winter) show deficiency and on average in any season of the year over 30% are Vitamin D deficient.

Low sun exposure is the main cause of deficiency - living or working indoors, residing in the southern latitudes of Australia, covering up exposed skin and avoiding outdoor activities are contributing factors. Vitamin D deficiency is a major contributing factor to demineralising bone disease such as osteoporosis. As well, recent research shows that it may be associated with other chronic diseases, including certain cancers and autoimmune diseases.

Supervising Pathologist:SM

SOUTHERN.IML PATHOLOGY, NATA ACCREDITATION NO:2760

Tests Completed: LIVER FUNCTION TESTS, RENAL FUNCTION, ELECTROLYTES,
GLUCOSE, IRON STUDIES, Lipids & HDL, VITAMIN B12,
S.FOLATE, Thyroid Function Test, .HBA1C,
FULL BLOOD COUNT, MEASLES IMMUNITY, MUMPS IMMUNITY,
VARICELLA ZOSTER G, RUBELLA IGG, VITAMIN D3

Tests Pending : Urine Albumin

Sample Pending :

WILCOX, BELINDA
64/143-149 CORRIMAL ST, WOLLONGONG. 2500
Phone: 0432516501
Birthdate: 07/03/1978 Sex: F Medicare Number: 2480167997
Your Reference: 9624572EEE Lab Reference: 495371529-C-C296
Laboratory: Southern IML Pathology
Addressee: DR KATHERINE KENT Referred by: DR KATHERINE KENT

Name of Test: U- RANDOM URINE
Requested: 25/07/2024 Collected: 26/07/2024 Reported: 26/07/2024
14:41

Clinical notes: normal mixed diet. Fasting planning to conceive

Clinical Notes : normal mixed diet. Fasting planning to
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RANDOM URINE CHEMISTRY

Date	Latest Results		
Time F-Fast	26-Jul-24		
Lab Id.	0751 F		
	495371529	Reference	Units
R-U-Creatinine	6.3		mmol/L
R-U-Albumin	<2	(0-20)	mg/L
Alb/Creat Ratio	<0.3	(0-3.5)	mg/mmol

Supervising Pathologist:SM

SOUTHERN.IML PATHOLOGY, NATA ACCREDITATION NO:2760

Tests Completed: LIVER FUNCTION TESTS, RENAL FUNCTION, ELECTROLYTES,
GLUCOSE, IRON STUDIES, Lipids & HDL, Urine Albumin,
VITAMIN B12, S.FOLATE, Thyroid Function Test, .HBA1C,
FULL BLOOD COUNT, MEASLES IMMUNITY, MUMPS IMMUNITY,
VARICELLA ZOSTER G, RUBELLA IGG, VITAMIN D3

Tests Pending :
Sample Pending :

WILCOX, BELINDA
64/143-149 CORRIMAL ST, WOLLONGONG. 2500
Phone: 0432516501
Birthdate: 07/03/1978 Sex: F Medicare Number: 2480167997
Your Reference: 9624572EEE Lab Reference: 495371529-C-C205
Laboratory: Southern IML Pathology
Addressee: DR KATHERINE KENT Referred by: DR KATHERINE KENT

Name of Test: SE-Lipids & HDL
Requested: 25/07/2024 Collected: 26/07/2024 Reported: 26/07/2024 12:41

Clinical notes: normal mixed diet. Fasting planning to conceive

Clinical Notes : normal mixed diet. Fasting planning to conceive

Date	Latest Results		
Time F-Fast	26-Jul-24		
Lab Id.	0751 F		
	495371529	Reference	Units
Status	Fasting		
Cholesterol	5.95 H	(2.30-5.50)	mmol/L
Triglyceride	0.80	(0.00-2.00)	mmol/L
* HDL	1.68	(1.00-3.00)	mmol/L
Chol/HDL Ratio	3.5	(0-4.5)	mmol/L
LDL	3.9 H	(0.0-3.50)	mmol/L
Non HDLC	4.27 H	(<4.00)	mmol/L

Comments on Collection 26-Jul-24 0751 F:
Lipids & HDL

NVDPA treatment target levels for high risk people (known coronary heart and other arterial disease, diabetes, chronic renal failure, Aboriginal and Torres Strait Islander peoples and familial hyperlipidaemic conditions) are:

Total Cholesterol <4.0 mmol/L
HDL-Cholesterol >=1.00 mmol/L
Fasting Triglycerides <2.0 mmol/L
non HDL Cholesterol <2.5 mmol/L

The National Vascular Disease Prevention Alliance (NVDPA) guidelines recommend a target level of less than 2.5 mmol/L for non-HDLC. Compared to other lipid parameters, increased non-HDLC is the most significant marker for subclinical atherosclerosis.

(ref: Cardiology Today 2013; 3(2): pp25-27).

Supervising Pathologist:SM

SOUTHERN.IML PATHOLOGY, NATA ACCREDITATION NO:2760

Tests Completed: LIVER FUNCTION TESTS, RENAL FUNCTION, ELECTROLYTES, GLUCOSE, Lipids & HDL, FULL BLOOD COUNT

Tests Pending : IRON STUDIES, Urine Albumin, VITAMIN B12, S.FOLATE, Thyroid Function Test, AIC CHECK, HBA1C, MEASLES IMMUNITY, MUMPS IMMUNITY, VARICELLA ZOSTER G, RUBELLA IGG, VITAMIN D3

Sample Pending :

- Psyllium Husk
- Olive oils / med diet
- Avoid high fat dairy / chicken skin /
Coconut oil / red meat / processed foods